ACCIDENT AVOIDANCE TRAINING

FT LEE SAFETY OFFICE

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TABLE OF CONTENTS

- INTRODUCTION
- ARMY Regulation
- Traffic Safety
- Vehicle Safety
- Defensive Driving
- Night Driving Tactics
- Winter Driving Tactics
- Safe Driving
- Driving Safety
- Heads Up at the Wheel: Home Safe
- Hands on Driving Information
- SAFETY ALERTS & Awareness Material
- FT LEE FORM 1082

INTRODUCTION

- **Driving can lead to a false sense of security.**
  - You take most risks for granted.
  - Driving becomes second nature.

- **Motor vehicle accidents are the single largest cause of accidental death.**

- **Leading cause of on-the-job fatalities.**

Introduction

- Driving may be one of the most dangerous activities you engage in on the job.
- By following the Ft. Lee Accident Avoidance Training handbook, you may be surprised to find that some of your driving habits are not as harmless as you thought. ***After all, even a good driver can improve.***

ARMY REGULATION

- **AR 385-55: Prevention of Motor Vehicle Accidents**
  - requirement every 4 years
- **AR 600-55: The Army Driver and Operator Standardization Program** (*Selection, Training, Testing and Licensing)*

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THE BASICS

MOTOR MANIA

TRAFFIC SAFETY

Why is it important to keep your eyes and attention on the driving task?

Distractions are a leading contributor to vehicle accidents.

- ✔ Taking your eyes and attention off the driving task will mentally leave you blind to the driving environment.
- ✔ At highway speeds, a one second distraction can permit you to travel blind for over 100 feet.

Avoid inside and outside distractions to the driving task.

What is the purpose of delaying your start at a traffic light that has just turned green?

- **The first three seconds after a light turns green are the most dangerous.**
  - *Drivers facing the newly turned red light may still be trying to make the light.*

Remember, having a green light does not give you the right to start moving immediately.

Traffic Safety Discussion

- What is the purpose of scanning 10-12 seconds ahead of your vehicle's intended path?
- What is meant by the concept ***road management*** ?

QUIZ

5 minutes

QUIZ

1. How far ahead should you scan your intended driving path?

A. 0-2 seconds
B. 2-4 seconds
C. 10-12 seconds
D. 16-18 seconds
E. 20-22 seconds

2. [illegible]mmended safety cushion for vehicles you are following?

A. 3 seconds
B. 4 seconds
C. 5 seconds
D. 6 seconds
E. 7 seconds

3. When stopping behind another vehicle, what should you be able to see?

A. Tail lights of vehicle ahead
ahead B. Bumper of vehicle ah
ground
C. Rear tires of vehicle ahead

D. Rear tires of vehicle ahead touching ground

E. 15 feet of ground behind the vehicle ahead

4. The recommended delayed starting time at a light is?

A. Delay not recommended
B. 1 second
D. 5 seconds
E. 7 seconds

C. 3 seconds

5. Proper seatbelt use reduces the likelihood of fatal or serious injuries by:

A. Does not reduce likelihood
B. 14%
C. 24%
D. 34%

E. 44%

VEHICLE SAFETY

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Do all vehicles handle and operate the same?

- ✔ **Each vehicle and type of vehicle has its own handling characteristics.**
  - Drivers should be trained on the vehicle they operate.
  - Follow the same driving rules on and off-site.

What purpose do the lights on a vehicle serve?

- ✔ **To illuminate the path of the vehicle.**

- ✔ **To help others locate the vehicle and determine its activity** *(braking, turning, backing, etc.).*

What is the role of the braking system of a vehicle?

- ✔ To avoid collisions with other objects in the vehicle's path.
- ✔ To hold the vehicle in place while parked.
- ✔ To slow the vehicle so it can stop or make appropriate turns.

QUIZ

5 minutes

QUIZ

1. Which statement(s) about vehicles on a facility is true?

A. Each vehicle has its own operating procedures trained

B. Drivers must know & follow each vehicle's operating procedures

C. Drivers should be

D. All of the above

2. A vehicle's lighting system exists for which of the following purposes?

A. To help the driver see his/her path of travel

B. To warn others of the vehicle's presence

C. To inform others of the vehicle's activity

D. All of the above

3. Based on the concept of one vehicle length per every 10 mph of travel, how many vehicle lengths should you be behind a vehicle traveling 30 mph?

A. One
B. Two
C. Three
D. Four
E. Five

4. What types of problems can the noise from some industrial vehicles create?

A. Driver's inability to hear warning devices

approaching vehicles or pedestrians

C. Driver's inability to steer vehicle
D. All of the above
E. None of the above

SAFE DRIVING

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5 Rules of Defensive Driving

Heads Up At the Wheel

Why should you check outside the vehicle before putting the vehicle in motion?

- ✔ To ensure no objects will interfere with the movement of the vehicle.
- ✔ To ensure tires are in good condition.
- ✔ To ensure the windows are clean.
- ✔ To identify any unexpected body damage to the vehicle.

If your vehicle is well maintained, what else can affect motor vehicle safety?

- ✔ A driver not getting proper rest; and not being alert.

What types of emergency equipment should be with the vehicle?

- ✔ Warning flares or triangles, jumper cables, fire extinguisher, first aid kit, & equipment to change a flat.

What is meant by properly securing the driver and goods?

- ✔ Driver properly belted in
- ✔ Passengers wearing seatbelts
- ✔ Cargo properly secured so it can’t move around during travel.

How do senses other than vision help in driving?

- ✔ **Provide warning that something is not right.**
  - smells alert you to something burning
  - unusual engine sounds may indicate a mechanical problem
  - your body may alert you to bad brakes or improper tire inflation by feeling the vehicle pull to the left or right when braking

Good visual driving habits:

- **Keep eyes moving** (check out your path of travel)
- **Look 15 seconds ahead of your vehicle.** (it provides a picture of what's happening)
- **Scan mirrors every 4-6 sec.** (find out what's happening behind and along side your vehicle)
- **Glance at dashboard every 20 sec.** (observe speed control and warning gauges)
- **Follow vehicles ahead no closer than 3 sec.** (allows for reaction time if needed)

QUIZ

5 minutes

QUIZ

1. Outside the vehicle, you should check for:

A. Objects that could interfere or loss in the movement of the veh

B. Vehicle damage not previously reported

C. Bad tire pressure

D. All of the above

E. None of the above

2. Taking care of the vehicle and yourself means?

A. The driver getting plenty of rest

proper maintenance

upplies in the vehicle

D. All of the above

D. All of the above

E. None of the above

QUIZ

3. Good visual search patterns while driving:

A. Provides driver with needed info to safely drive from point A to point B.

B. Include looking inside of the vehicle and under the hood as much as looking outside of the vehicle.

C. Include maintaining a minimum 10 sec following distance.

D. All of the above

E. None of the above

4. Seatbelts should be worn:

A. Only when traveling short distances

B. Only when traveling long distances

C. Any time the vehicle is in motion

C. Any time the vehicle is in motion

onditions

QUIZ

5. When driving in bad weather, the driver should:

A. Allow more time to secure the cargo

B. Allow more time to stop the vehicle

C. Take fewer rest stops to get home faster

E. A and B

E. A and B

DRIVING SAFETY

Four strategies that make for a safe driver:

- Driver has behaviors and attitudes appropriate to the driving task.
- Driver follows appropriate driving behaviors.
- Drivers see to it that their vehicle is properly maintained and loaded/unloaded.
- Drivers comply with organizational policies as they relate to safe operation of a vehicle on and off the facility.

Driving Safety Discussion

What is meant by the need to develop a high emotional tolerance level to other drivers?

QUIZ

5 minutes

QUIZ

1. Which of the following behaviors is common to a driver with an inappropriate driving attitude?

A. Speeding towards a

B. Tailgating

C. Needless risk taking

D. Accelerating

E. All of the above

2. The minimum distance you should maintain when following another vehicle is:

A. 4 seconds

B. 5 seconds

C. 6 seconds

E. None of the above

QUIZ

3. Which of the following items should be included in a pre-drive checklist?

   A. Tires

   B. Wipers

   above

   C. Brakes

D. All of the above

4. Alcohol consumption followed by driving has which of the following impacts on the driver?

   A. Improved vision

C. Reduced concentration

   D. Reduced distractions

   E. All of the above

QUIZ

5. Your organization's policy on vehicle operation is intended to protect:

A. You the operator
B. Your supervisor
C. The organization
D. The product (equipment)

E. All of the above

WINTER DRIVING TACTICS

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WINTER DRIVING

SAFETY ALERTS & AWARENESS MATERIAL

HANDS ON DRIVER'S TRAINING

- TIME: 1 hour
- 1 Qualified Instructor - must be with the student(s)
- Ensure travel map/driving instructions are discussed prior -
  choose variety of roadways
- Critique student

TRAINING COMPLETION

- Fill out the Ft Lee Accident Avoidance Training card (FT LEE FORM 1082)
- Instructor’s signature & date